



Philosophical Meditations— Somaesthetics

Philosophy Department
PHI 129, Fall, 2011,
Old Main G110 T 11:40-12:40
1 Credit Hour
Instructor: Dr. Andrew Fitz-Gibbon

E-mail: andrew.fitz-gibbon@cortland.edu
Phone: 753-2016 (office) 279 6584 (emergencies)
Office Hours: Old Main 140-B, MW 2:30-4:00

Course Description

Catalog Description: (B) Theoretical exploration of the relationship of mind and body. Basic meditation techniques such as zazen, walking meditation, qigong and taiji forms. S and U grades assigned. May be repeated for up to four credit hours. (1 cr. hr.)

Learning Outcomes

By the end of the course, students should:

- a) Have a basic grasp of philosophical understandings of the relationship of mind and body
- b) Be able to practice assigned forms of meditation
- c) Be able to design a personal meditation practice

Requirements

Students are required to purchase:

- 1) DVD of a relevant qigong form set semester-by-semester (\$25 from instructor)
- 2) Meditation cushion (\$35 from instructor)

Final grade will be based on the following:

Pass/Fail at the discretion of the instructor

Students are required to keep a meditation journal.

1-page. Due last day of class with three elements:

- a) How many classes you have missed and why?
- b) Grade you would give yourself for participation
- c) 2-3 paragraphs on what you got out of the course

The Syllabus

Each class will be a mix of instruction, group work and meditation.

Policies and Information

1. SUNY Cortland is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act 1973.

If you are a student with a disability and wish to request accommodations, please contact the office of Disability Services located in B-40 Van Hoesen Hall or call (607) 753-2066 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any request for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

2. Absolutely no late work will be accepted unless prior arrangements are made with the instructor. Such arrangements will be made only under unusual circumstances.

3. Plagiarism. All work submitted must be your own. Ideas borrowed from others, either directly, or through paraphrase, must be well documented through endnotes or footnotes. If plagiarism is suspected the student will be reported to the Provost and can either accept the charge or defend her or himself in the Grievance Tribunal.

4. If you are absent, you are responsible for finding out what went on in class, whether any assignments were given, and for keeping up with your work.

SUNY Cortland Conceptual Framework

The mission of teacher education at SUNY Cortland is to build upon the foundation of liberal learning in the development of teachers who have exceptional pedagogical knowledge and skills. The foundation of liberal learning informs the professional education strand in an innovative thematic approach that emphasizes personal responsibility, global understanding and social justice. Graduates of SUNY Cortland's teacher education program will be prepared to think critically, utilize technology, communicate effectively, understand and value diversity, contribute to their communities, and make a difference in the lives of their students.